Mount Saint Mary's University | Los Angeles

mount

magazine

spring/summer 2019

Feeding a need

How the Mount is tackling one of higher education's biggest issues

Health and policy: Taking the pulse of the community

Monumental move: Historic CSJ home now part of the University

The first alumnae: Remembering the Class of 1929

from the president

I AM PROUD OF HOW OUR COMMUNITY has embraced Mount Wellness and the movement's four key areas: move more, eat green, sleep well and de-stress. Since we did our first needs assessment survey two years ago, we have made great strides in strengthening a culture of wellness on our campuses. One illuminating and disheartening piece of data we gathered from that needs assessment revealed that 30 percent of our students go hungry at one or more times during a given month. While this seems unbelievable, food insecurity is a growing problem across the United States and on college campuses. A national survey conducted at 66 higher education institutions by our food service provider Bon Appétit showed that 36 percent of students worry about where their next healthy meal will come from.

This is unacceptable. Addressing this issue is a priority for Mount Saint Mary's. Our wellness movement's eat green initiative is not just about encouraging students to make healthier choices when it comes to the food they eat, but also making sure they have access to those healthier choices to begin with. Thanks to our partnership with the Westside Food Bank, we now offer free fruits and vegetables to students through our monthly farmers markets. We also provide fresh produce to our faculty and staff at no cost at these events. The awareness about food insecurity on our campuses prompted us to immediately expand our food pantries, establish cooking facilities for students, and launch a CalFresh program this spring, which is a state- and federally-supported initiative, to provide funding for students to buy food. All of these efforts should dramatically reduce the number of students worrying about where they will get healthy, nutritious food. We will work to ensure that none of our students ever go hungry.

We are conducting another wellness needs assessment survey this spring, thanks to the Wellness Council and a team from the Master of Science in Health Policy and Management program, led by director Stephen Inrig, PhD. From there, we can evaluate what our next steps will be to help our community on their personal journeys to health and wellness.

Sincerely,

Ann McElaney-Johnson

ABOUT US
Mount Saint Mary's is the only women's university in Los Angeles and one of the most diverse in the nation. The University is known nationally for its research on gender equity, its innovative health and science programs, and its commitment to community service. As a leading liberal arts institution, Mount Saint Mary's provides year-round, flexible and online programs at the undergraduate and graduate level. Weekend, evening and graduate programs are offered to both women and men. Mount alums are engaged, active, global citizens who use their knowledge and skills to better themselves, their communities and the world. msmu.edu

Mount Saint Mary's University is a diverse community committed to providing an environment that is free from discrimination on the basis of any characteristic protected by federal, state or local law, ordinance or regulation.

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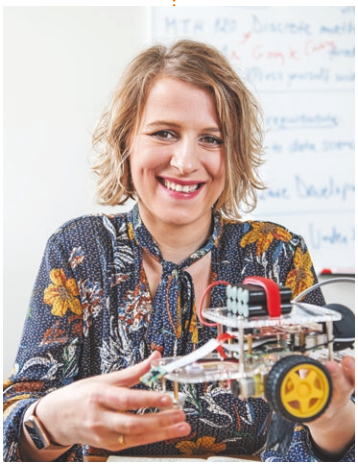

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FARMERS MARKET, DOHENY CAMPUS. PHOTO BY CARRIE ROSEMA.

updates

WALK THE WALK

◀ The Mount Saint Mary's community kicked off another year focused on wellness with a group outing along the new walking path on the Doheny Campus. On Jan. 29, students, faculty and staff joined President Ann McElaney-Johnson on the 0.8-mile loop, designed as an easy walking trail that weaves among the campus' historic buildings. The wellness walk is part of the University's three-year commitment to the Healthier Campus Initiative of Partnership for a Healthier America, a collective movement to encourage and support greater physical activity and healthier eating habits on campuses across the nation. The Carrie Estelle Doheny Foundation, one of the wellness movement's biggest supporters, helped fund the walking path.

>> READ MORE: Mount Wellness on Page 14.

PHOTOS BY CARRIE ROSEMA

2019 REPORT TACKLES IDENTITY, ACCESS AND EQUITY

Mount Saint Mary's released the eighth edition of The Report on the Status of Women and Girls in California™ on March 28 with the theme "Intersections: Identity, Access and Equity," a comprehensive look at how race, age and socio-economic status — among other factors — shape the lives of women and girls in the state. Women in California are among the most diverse in the nation, and this report shines a light on why differences matter and on the importance of emboldening all women to advocate for themselves.

Jennifer Siebel Newsom

Holly J. Mitchell

The release event featured panels of women speakers who have spent their professional lives examining gender through lenses including race, the workplace, the law, public policy and the media. Among the speakers were California First Partner Jennifer Siebel Newsom, State Sen. Holly J. Mitchell and top executives at AARP, California Bank & Trust, CBS Entertainment and Twentieth Century Fox, among others.

The Report, produced by the Center for the Advancement of Women at Mount Saint Mary's, includes "Closer Look" pieces written by University faculty and staff that examine topics such as Asian-American women in film, ageism, weight bias and the opioid crisis.

An online companion piece to the Report, *Collectif*, features the writing of University faculty, students and community partners. The work explores related themes in more depth, from maternal mortality to the power of apology in the #MeToo era.

READ THE REPORT: msmu.edu/caw

PHOTO BY WATCHARA PHOMICINDA

INVITATION TO SERVE

▲ Each year, the Mount Saint Mary's community comes together and answers the President's Invitation to Serve — a call to all our students, faculty, staff and alums to volunteer their time in support of some of our community partners in Los Angeles. Volunteers helped sort and pack food at the Los Angeles Regional Food Bank; cleaned up trash along a section of Santa Monica Beach through Heal the Bay; and organized donations at Alexandria House, a traditional housing shelter for women and children. Other local sites included the Society of St. Vincent de Paul, South L.A. Animal Shelter and Rise Against Hunger. Our alums made this day of service even bigger by creating community projects elsewhere in California, Washington and Arizona. A group of Mount alums joined forces to help out with United Way Orange County in Anaheim, California; Sacred Heart Community Service in San Jose, California; Circle the City in Phoenix, Arizona; and Food Lifeline in Seattle, Washington.

LEADING IN TIMES OF CHANGE

▼ More than 400 professional women from across Southern California gathered on Sept. 17 at the Mount for the 2018 Women's Leadership Conference, presented by the Center for the Advancement of Women. Emerging and established leaders came to gain actionable insights from pacesetters in their fields and communities — including how to provide unwavering stability amidst ever-changing landscapes, and why self-care is a vital tool for sustained, influential leadership. A theme of "Responding to the Call: Leading in Times of Change" drove workshops, conversations and panels on topics such as the ROI of gender-balanced leadership, how to tackle implicit bias in the workforce and the power of storytelling for social change.

Susanne Bennett, DC, chiropractic physician and author, delivered the opening keynote on ultimate wellness for high-performing women. The closing keynote featured a powerhouse panel discussing the connection between self-care and effective leadership. The conversation featured moderator Joy Donnell, chief visionary of Superjoy Media; Amy Denoon, CEO of Beach House PR; Jess Weiner, CEO of Talk to Jess; and Maggie Q, an actor and activist.

PHOTO BY WATCHARA PHOMICINDA

ANALYZING CAMPUS SOIL FOR ANTIBIOTICS

◀ If you see students sifting through the soil in the garden behind Rossiter Hall, or in the flowerbeds along the southern staircase leading to Coe Memorial Library, that's not gardening in action. You're witnessing field research that's digging a little deeper — an ambitious search for bacteria that could yield new, effective antibiotics that are urgently needed to treat illness and infections. The project — led on campus by Stacey Peterson, PhD, professor of biological sciences — enables students from a research-based honors biology lab to learn how to isolate and analyze antibiotic-producing bacteria. The research is part of Tiny Earth, an international network of instructors and students who are "student-sourcing antibiotic discovery." Peterson is a trained Tiny Earth instructor and her students at the Mount are now among nearly 10,000 students participating in this research annually across 41 U.S. states and 14 countries. The idea is that student scientists from a diversity of climates, soils and locations will increase the sharing of valuable knowledge, as well as the odds of successful discoveries.

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OXFAM AMERICA PRESIDENT, CAST DIRECTOR TO SPEAK AT COMMENCEMENT

Commencement ceremonies for undergraduate and graduate programs this year will be held on the same day, May 6, at the Los Angeles Convention Center. Graduate Division will host its ceremony at 10 a.m. and the conferral of degrees for undergraduates will begin at 3 p.m.

Both ceremonies will be streamed live online. To view the livestream, visit msmu.edu/commencement.

Oxfam America President and CEO Abby Maxman will be the featured commencement speaker for the undergraduate ceremony. She has more than 30 years of experience in international humanitarian relief and development. Prior to joining Oxfam, Maxman served as deputy secretary general of CARE International in Geneva, Switzerland, as well as vice president of international programs and operations for CARE USA.

Abby Maxman

Kay Buck

The featured speaker for the graduate ceremony will be Kay Buck, executive director of the Coalition to Abolish Slavery & Trafficking (CAST), a Los Angeles–based nonprofit organization that works to end modern slavery and human trafficking. Prior to joining CAST, she was the director of the Rape Prevention Resource Center of the California Coalition Against Sexual Assault. Buck has been instrumental on several policy initiatives related to slavery and violence against women. She worked with nongovernment organizations in Asia on anti-trafficking issues and labor rights projects, and participated in the planning of several international conferences, including the World Conference on Women.

MOUNT RECEIVES $1.3 MILLION GRANT FOR STEM PROGRAMS

Mount Saint Mary's has received a five-year, $1.3 million grant from the National Science Foundation's (NSF) "Improving Undergraduate STEM Education: Hispanic-Serving Institutions" program. The prestigious grant — one of 31 awarded by the NSF nationwide, totaling $45 million in support — will supply the University with funding to build capacity and increase retention and graduation rates for students pursuing careers in science, technology, engineering and mathematics. The funding will also help the Mount increase the number of STEM students participating in research on campus, accessing summer internships and going on to graduate school in a STEM field.

Mount Saint Mary's winning grant proposal, "Building Capacity of Women in STEM," was led by Jen Chotiner, PhD, chair of biological sciences, and Xiaomei Cheng, PhD, pre-health sciences, biology program director. They were supported by Paul Lee, PhD, assistant professor of physical sciences, and Lance Skidmore, PhD, chair of mathematics.

"This is an immense honor for the Mount and the sciences," Chotiner says. "The Building Capacity grant will have a very real impact on our student achievements both in the classroom and out in the world as professional women in STEM. It will help us to lay solid foundations in science and math, while also providing our students the tools and skills to build off those foundations on their paths toward success."

The NSF grant was created specifically to support universities that qualify as Hispanic-Serving Institutions (HSI). According to the NSF, Hispanics constitute 16 percent of the U.S. workforce, but occupy only 6 percent of the country's science, technology, engineering and mathematics jobs.

PHOTOS BY GLENN MARZANO

LEARN THROUGH PLAY

▲ A planetarium-like area for children to learn about constellations. A rocket to play in. An underwater lightshow to learn about marine life. An art table in the shape of a dream tree. These were all elements of exhibitions created by Mount students for a children's museum as part of an interdisciplinary course on the psychology of learning through play.

Piloted in Spring 2018, the Mount's art and psychology departments collaborated on a joint class that explores how psychology concepts and art principles apply to the design of valuable play experiences in community settings like museums.

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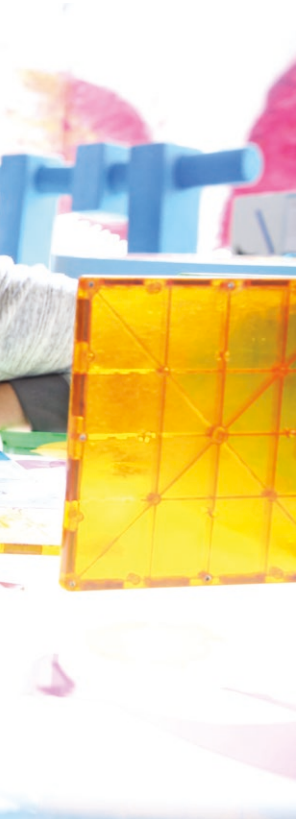
Besides learning about the elements that create positive play, students also studied how the psychology behind play and learning influences a toy's design or a play environment's configuration.

To further challenge the concepts learned in the classroom, psychology professor Julia Tang, PhD, and art instructor Phil Goldwhite partnered with the Southern California Children's Museum in Pasadena to provide a space for students to install three of the class' culminating projects each semester.



LEGISLATOR IN RESIDENCE

▶ California State Sen. Holly J. Mitchell, who is the University's Legislator in Residence this year, invited two of her peers to a special event hosted by the Center for the Advancement of Women at Mount Saint Mary's on Feb. 20 to discuss women's leadership. Mitchell and Los Angeles Councilmembers Nury Martinez and Monica Rodriguez spoke with alums, faculty and students about their personal journeys that led them to public service and how they successfully advocate for change. They also discussed how everybody can become an advocate in her or his community.

MEETING WITH LOCAL REPRESENTATIVES IN D.C.

▲ Taking the fight for women's equity to the nation's capital are, from left, Stephanie Cubba, DPA, vice president for institutional advancement; Emerald Archer, PhD, director of the Center for the Advancement of Women; Congresswoman Karen Bass, chair of the Congressional Black Caucus; and Mount Saint Mary's President Ann McElaney-Johnson, PhD. They were in Washington, D.C. in February for the annual meeting of the Women in Public Service Project (WPSP). A program of the Global Women's Leadership Initiative at the Wilson Center, the WPSP empowers the next generation of women around the world and mobilizes them on issues of critical importance in public service. McElaney-Johnson is a WPSP board member and a strong advocate for women and girls across the nation. In 2013, the Mount co-hosted WPSP's intensive nine-day Institute for Women's Leadership in Latin America.

A HOLOCAUST REMEMBRANCE

▼ What leads ordinary people to turn against one another? Why do people consent to injustice? What does it take to stand up? A panel hosted at the Mount's Chalon Campus on Oct. 30 explored lessons from the Holocaust with special guests Mark and Pam Rubin — both regents at the Mount — and acclaimed writer Leslie Gilbert-Lurie and her mother, Rita Lurie.

Leslie Gilbert-Lurie and Rita Lurie

Mark Rubin and Rita Lurie are both survivors of the Holocaust and they spoke about their experience in a conversation about the "Holocaust and Human Behavior," facilitated by the nonprofit organization Facing History and Ourselves.

Pam and Mark Rubin

Lurie and her daughter cowrote a memoir, "Bending Toward the Sun," about Lurie's years hiding from the Nazis in the attic of a relative's house.

Mark Rubin was only seven years old when he and his family were sent to Terezin, a camp in Prague. He was one of only 100 children — out of 35,000 — who survived that camp. His experience has been recorded for the oral history collection of the United States Holocaust Memorial Museum. The Rubins have been longtime members of the Mount's Regents Council and generous supporters of the University.

BEST FOR VOTING

Mount Saint Mary's was named one of "The Best Colleges for Student Voting" by Washington Monthly, which lauded colleges and universities across the nation that strongly encourage their students to vote and actively promote civic engagement on their campuses. Through the MSMU Votes initiative, the University provides resources and education to engage students in the voting process.

WINNING RESPONSE

The University received a silver award from the Council for the Advancement and Support of Education (CASE) for outstanding issues and crisis management. The Mount was one of two universities honored out of more than 600 entries in the category. The CASE District VII 2019 Awards of Excellence recognized the Mount's communications strategy during the Skirball Fire, which took place in the middle of finals week in December 2017.

SWITCHING STRAWS

The University has broken up with plastic straws. Thanks to Bon Appétit, the Mount's food service provider, all single-use straws will be eliminated from its campuses by September 2019. Bon Appétit is the first U.S. food service provider to make this commitment companywide.

PHOTO BY GLENN MARZANO

OFFERING A HEALING SPACE ON CAMPUS

▲ From the streets of Los Angeles to rehabilitation clinics in Mexico, students in the Mount's Doctor of Physical Therapy (DPT) program travel the extra mile to help make a difference. But their philanthropic work can also be found in the classroom. Located on the Doheny Campus is the student-run Neurological Pro Bono Clinic, where students assess patients with neurological dysfunctions such as stroke or brain injury.

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Students provide physical therapy for each patient through a series of interventions aimed at improving mobility and through functional training including walking, sitting and standing. The clinic operates out of the on-campus Research Experiential and Applied Learning Center, which students use for research, skills testing and simulation and has attracted 10 volunteers from the DPT program since its start in early 2018. Associate Professor Craig J. Newsam, DPT, who supervises the clinic and coordinates the program's neuromuscular curriculum, said: "In a field that's highly competitive, this opportunity gives students a space to learn without being scored and provides a foot in the door to feel more confident."

GATHERING OF WRITERS

Writing is a performance. Whether it's poetry meant to be read aloud, writing screenplays for production, or performing a play or singing a song, what we write doesn't stay only on the page. That's why MSMU's MFA in Creative Writing program presented its fourth annual writers conference, "Borders of Performance." The two-day event in November brought writers and creators to the Doheny Campus for workshops, author readings, performances, screenings and more.

PHILOSOPHY CONFERENCE

The Mount's Department of Philosophy, through associate professor Robert Sanchez, PhD, hosted the third biennial Binational Conference on Mexican Philosophy on Oct. 12-13 at the Doheny Campus. Hoping to gain insight about the contemporary relevance of 20th century Mexican philosophy, scholars gathered to discuss the value of solutions proposed by contemporary Mexican philosophers on the "problem and promise of Mexico."

GOOGLE PARTNERS WITH MOUNT TO OFFER COMPUTER SCIENCE COURSES

Google has chosen Mount Saint Mary's as a partner university for its Applied Computing series, which offers introductory courses on programming language and data science at host campuses. The Mount is one of only 11 universities selected by Google for this partnership for the 2019-2020 academic year.

Applied Computing is a curriculum and platform created by Google, provided at no cost to select colleges and universities — particularly those with a high percentage of women and minorities (communities historically underrepresented in the computer science field).

Google's Applied Computing aligns with Mount Saint Mary's vision for a new computer science major and redesigned minor: to offer courses that benefit both students who plan to major in computer science, and students across disciplines who can use coding and data science to enhance their learning and application of concepts in other fields.

Google will provide the platform and content for two semester-long courses during the 2019-2020 academic year, both led by the Mount's Irma Ravkic, PhD, associate professor of computer science: CS 1A Coding for All, which will introduce students to computer science using Python programming; and CS 110 Intro to Data Science, which will train students to make informed, data-based decisions using machine learning algorithms.

After completing the two courses, Mount students will have the opportunity to apply for Google's Machine Learning Intensive 10-week free summer course in summer 2020.

FACULTY SPOTLIGHT

Teaching the language of machines

By Joanna Banks

PHOTO BY KIM FOX

AS A CHILD IN THE '90S, IRMA RAVKIC SPENT HER DAYS sifting through the language of computers, fascinated by every new possibility that came with the technology boom of the decade. Because she grew up in war-torn Bosnia and Herzegovina, finding the latest computers was challenging but also thrilling. It was an interest sparked by Ravkic's father, a computer technician, who tenaciously tracked down equipment.

"I learned my letters on the keyboard," Ravkic says. "My father gave me a book of advanced codes, and we would run programs and fix errors and play around with it. I felt his excitement about getting the best out of technology."

Ravkic was hired as the Mount's first assistant professor of computer science last year to develop a computer science major and to teach programming, coding, data science and programming languages, among other courses.

She relates to her Mount Saint Mary's students who find computer science intriguing, but may be intimidated by the field. Ravkic first studied languages, but later regained her confidence in computer science and became an electrical engineering major in college. "Sometimes you go off the path because you are afraid that it is too much for you, because the environment is kind of against you," she says. "You can go off your track and come back to it."

Ravkic teaches students from diverse majors, tailoring their experiences. She helps future chemists, nurses and journalists ramp up their computer science skills to be more competitive. "Coding is a tool for creative problem solving," she says. "It helps automate processes for various domains, from math, science and robotics to languages, games and apps. Everyone should have an opportunity to try it."

accolades

FACULTY

◀ **Emerald Archer**, PhD, director of the Center for the Advancement of Women, was the keynote speaker for the Women's History Month Observance of the U.S. Army Corps of Engineers, held March 5 in Los Angeles. She spoke about "Visionary Women: Champions of Peace and Nonviolence." She also presented "Diversity as a Force Multiplier: The Case for Gender and Immigrant Inclusion" at the Inter-University Seminar on Armed Forces & Society international conference in Ottawa, Canada, on Oct. 21.

Charles Bunce '16 MFA, chair of film, media and communication, was one of four alums who premiered their film "The Black String," a psychological thriller starring Frankie Muniz, at the Austin Film Festival in October. The film was directed by **Brian Hanson '16 MFA**, written by Hanson and **Richard Handley '16 MFA**, and produced by Bunce, Handley and **Kayli Fortun '13, '16 MFA**. Bunce also did sound editing.

◀ **Michelle French-Holloway**, PhD, has been appointed interim director of the Master of Business Administration program. French-Holloway is an associate professor and serves as director of Doheny's traditional undergraduate programs and as an MBA cohort advisor.

A paper co-written by **Stephen Inrig**, PhD, associate professor and director of the Master of Science in Health Policy and Management, titled "Time to Follow-Up After Colorectal Cancer Screening by Health Insurance Type" has been accepted for publication in the American Journal of Preventive Medicine.

The November edition of the Journal of Orthopaedic & Sports Physical Therapy includes an article co-written by **Alan Lee**, DPT, PhD, professor of physical therapy, titled "Telehealth Physical Therapy in Musculoskeletal Practice."

◀ **JoAnna Novak**, assistant professor in the MFA in Creative Writing program, received a Pushcart Prize nomination for her essay "Frosting," which was published in the August 2018 issue of Bennington Review, a national print journal. She also has a new essay, "River to Nowhere," in Slate's Rabbit Holes column.

Christian Teeter, EdD, assistant professor of business, published his paper on "The Significance of Articulating an Institution's Intellectual Distinctions in Response to the Crisis of the Liberal Arts" in the Journal of Educational Research and Practice, a peer-reviewed journal sponsored by Walden University.

Living Springs Publishers recently announced that **Ana Thorne**, PhD, instructor in the humanities and creative writing graduate programs, is included in the publisher's short story anthology, "Stories Through the Ages: Baby Boomers Plus 2018." Thorne's "Miss Mimi's Charm School" is one of 15 stories chosen from entries around the world.

ALUMS

The Nov. 6 midterm elections saw two Mount alums voted into office: **Victoria Gerrard Chaney '67** was re-confirmed as an associate justice to the California Court of Appeals and **Darcy Stoltz Burke '87, '09 MBA** won election to the Elsinore Valley Municipal Water District board of directors.

Al Día News honored one of our alums as one of their top five "emerging Latino lawyers" for her outstanding work in the nonprofit sector. **Brenda Marrero '98** received the honor during the news site's Lawyers Forum on Nov. 8. Marrero is currently the deputy director of operations at Philadelphia's Community Legal Services.

Alan K. Caldwell '18 MBA has been named director of energy policy and strategy at SoCal Gas. He was previously the vice president of public relations & communications and chief diversity officer for Cerrell Associates.

Monica Multer '92 was named one of five Los Angeles Unified School District Teachers of the Year 2018. She is a special education teacher at Melvin Avenue Elementary School and has been teaching for 25 years.

The Report on the Status of Women and Girls in California™ 2019 features several members of the Mount community who contributed analysis through "Closer Look" pieces: **Orlando Alvarez**, psychology instructor; **Paula Helu-Brown**, psychology instructor; **Nicole Haggard**, PhD, film, media and communication instructor; **Alison Halpern**, wellness manager; **Kimberly Nao**, PhD, professor of education; **Sarah Shealey**, assistant professor of nursing; and **Megan Staudenraus**, program manager of The Lotus Initiative in the Mount's Office for Diversity, Equity and Inclusion.

Kudos go out to the following *Collectif* contributors, whose original research will be published in the second edition of the online anthology: **Caitlyn Keeve '20**, Honors scholar and psychology major; **Aimee Koeplin**, PhD, philosophy instructor; **Wendy McCredie**, PhD, humanities professor; **Sarah Shealey**, assistant professor of nursing; and **Ana Thorne**, PhD, humanities instructor.

Stephen Inrig, PhD, director of the health policy and management master's program

PHOTOS BY GLEN MAZZANO

HEALTH POLICY AND MANAGEMENT

Taking the pulse of a community

By Sarah Scopio

REBEKAH WELLS '17 MS WAS AT A CROSSROADS in her career before she enrolled at the Mount as a graduate student. "After studying epidemiology at UCLA medical school, I knew interventions could help stop disease, but I didn't know how to implement them. I wanted to know for sure I could change population health," Wells says.

She learned the tools to create change in the health policy and management master's program.

"We see the health policy and management program as the intersection of three specializations," says Stephen Inrig, PhD, program director. "Students learn health policy analysis, health economics, and leadership and management skills, and how all these things work together in really practical ways at the local level."

A key component of learning is the practicum, which is designed based on the needs of the student either in their own research area or in an existing research study.

"One of the important things in any healthcare setting is to know how to solve a problem and increase quality improvement," Inrig says. "Learning how to ask a question with measurable outcomes, and then design a program to meet those outcomes, is essential.

"We have faculty with great experience and resources. We have individuals who've led

Inrig with instructor Amine Ben Ayara and some of the program's students.

children's hospitals, managed programs for the city of Los Angeles, spoken in front of the UN about their research and worked on legislation in the Obama administration," says Inrig.

Current research areas include unaccompanied minors seeking asylum across the nation, formerly incarcerated women in transition and the Mount's own wellness movement.

"We have been connected to Mount Wellness from the very beginning," says Inrig. "We were invited to the Wellness Council to help develop the assessment tools. Assessing where students are at, and figuring out how to move them to health, aligns with what we are doing in our program. We believe in evidence-based programs, so we are always measuring. If you don't know where you are, you can't tell if you are improving."

Assessing a community's wellness needs

For her practicum, Wells worked with Bryant Adibe, MD, MSMU's former chief wellness officer, to create the campus-wide needs assessment survey that informed the Mount's current wellness movement.

"We could say, 'Let's offer yoga!' but unless you design a survey to give you specific benchmarks, you won't truly understand the needs," says Wells, who is now the health policy and management program coordinator.

The needs assessment includes questions such as: "How often do you eat fruits and vegetables?" "How much sleep do you get each night?" "How stressed do you feel on a daily basis?" The answers surprised Wells.

"We discovered that students need more sleep, and need to learn health and stress management techniques. We gathered a lot of

> "Students learn health policy analysis, health economics, and leadership and management skills. We train them to lead a process of change."
>
> *Stephen Inrig, PhD, director of the master's in science, health policy and management program*

qualitative data for our report," says Wells.

The needs assessment directly informed the focal areas of the wellness movement: eat green, move more, sleep well and de-stress.

When the survey was first conducted in fall 2016, 31 percent of students reported that the Mount promotes a culture of wellness. Last fall, that number increased to 50 percent.

"We are making sure we are doing interventions in all the areas that need improvement, and then measuring how we are doing on those interventions," Inrig says.

A needs assessment survey will be conducted annually to help the University gauge the success of certain wellness initiatives, as well as to pinpoint other areas that need attention.

A passion for policy change

Teaching students how to make effective changes to healthcare has long been a dream of Inrig's. He was brought to Mount Saint Mary's in 2014 to develop the master's program.

Inrig says the program is more than a professional interest; it also stems from his personal passion. "I became interested in this work because I care very much about vulnerable populations and how we can improve care for those people," he says.

He began his career as a historian writing on the impact of certain policies on HIV in the South. "One review of my first work said 'You've shown us where the buses ran over people, but you haven't told us where to put the stop signs.' I wanted to know how to place the stop signs."

To learn the skills to create policy change, Inrig went on to earn his PhD in the History of Medicine and Health Policy from Duke University. He has become a leading expert on the historical perspective of the AIDS epidemic. His newest book, "The AIDS Pandemic: Searching for a Global Response," co-authored by Michael Merson, has gained international attention. Inrig has spoken about his research at the United Nations, the Global Health Centre in Switzerland and at the Center for Strategic & International Studies in Washington, D.C. Now he takes the lessons he's learned on the global scale and shares them with his students.

Currently in its third year, the health policy and management master's program is thriving. "Creating the program was a logical next step for the Mount," he says. "We have an MBA program and it has a focus on healthcare, a master's in nursing and a physical therapy department. All of these programs have a health policy component, but we wanted to take the next step and create a truly comprehensive program. We hope to eventually develop dual degree programs."

For Inrig, the bottom line is to provide the best education for students. "The field of healthcare is always changing, so we are always improving the program to make it better for our students."

New PsyD doctorate to specialize in Latinx, diverse populations

STARTING THIS FALL, MOUNT SAINT MARY'S will offer a new doctor of psychology in clinical health psychology (PsyD), featuring two unique emphases: Latinx Mental Health and Diverse Populations. Each of these specializations will help train clinicians and psychologists to be both professionally and culturally competent, in order to best serve the needs of our communities.

This is the second doctorate degree at the Mount and it follows the CSJ tradition of responding to the needs of the time.

"At the Mount, we are here in the spirit of the CSJs to help the dear neighbor," says Greg Travis, PhD, professor of psychology and PsyD program director. "Learning about the shortage of professionals prepared to help Latinx and diverse cultures made it clear that creating a specialized doctoral program was the next step for us."

The PsyD program builds on the success of the Mount's marriage and family therapy program's *¡Enlaces!* certificate, which offers training in counseling the Spanish-speaking client.

"In *¡Enlaces!* I was taught how to work with Latinx clients in their native language and learned certain terms that wouldn't otherwise be taught," says Zeahlot Lopez '12 MS. "This new program gives me hope that change is coming for the Latinx community with more practitioners prepared to serve them."

"As a therapist living in Los Angeles, you are (likely) going to have a Latino or Latina client," says Mishka Kimball '15 MS, a part-time instructor of psychology. "But many don't know that mental health is stigmatized in the Latinx community. There's shame attached to it. As a professional, we need to be prepared to help them work through that."

Students in the Diverse Populations specialization may select any population (LGBTQ, African American, Asian American, and more) in which they would like to build expertise. The perspectives of diverse populations will be woven throughout both the required and elective courses in this full-time, five-year graduate program. Tailored content will be integrated into the coursework so that students develop deeper knowledge and expertise in their chosen areas of specialization.

"Multiculturalism is complex," says Julie Jackson, PsyD, assistant professor of psychology and director of clinical training for the PsyD program. "With our two emphases we aim to train future psychologists to appropriately navigate these complexities to provide the best treatment to their clients and patients."

— Sarah Scopio and Phillip Jordan contributed to this story

"The Mount had already done the best needs survey I've seen, so we could see right away that the need was there."

Bruce Rankin, executive director of Westside Food Bank

Carmen Ramos '20, psychology major and peer wellness advocate

PHOTO BY CARRIE ROSEMA

FEEDING A NEED

How the Mount Wellness movement is tackling one of higher education's biggest issues: food insecurity

By Phillip Jordan

LILIANA RUIZ '20 IS ONE OF SIX SIBLINGS, ALL RAISED BY A SINGLE MOTHER. A single mother who cleaned houses, watched other people's kids, drove school buses, city buses and limos — all to provide for her children. The family used food stamps often. Still, Ruiz remembers plenty of times at the end of the month when there was little money left for food, and dinner would be a hamburger from McDonald's.

When Ruiz entered Mount Saint Mary's University in the fall of 2016, she had financial aid that helped her pay for tuition, books and housing. But despite working a part-time job, food became an issue again.

"Worrying about food is one of the most stressful things for a college student," Ruiz says. "Food is what gives you energy to get things done. You need that energy. You have classes, you have a job, you have other activities. You can't avoid life. But it's distracting when you're hungry. You can't focus in class. Or your stomach's growling and you're embarrassed. You're hungry and you're stressed."

Thankfully, she discovered she could apply for CalFresh food assistance as a student. CalFresh is California's distribution arm of the federal Supplemental Nutrition

THE PROBLEM

A study of 43,000 students at **66 institutions nationwide** revealed that

36%

of responding students **had experienced food insecurity** in the 30 days leading up to the survey.[1]

A survey of students **across University of California's 10-campus system** revealed that

42%

of responding students **had "low" or "very low" food security** due to limited resources.[2]

At least

30%

of **Mount Saint Mary's University students experience food insecurity** on a monthly basis.[3]

Sources:

[1] *Journal of Health Psychology; reported in Bon Appétit's "When Students are Hungry: An Examination of Food Insecurity in Higher Education"*

[2] *The Hope Center for College, Community and Justice at Temple University; reported in Bon Appétit's "When Students are Hungry: An Examination of Food Insecurity in Higher Education"*

[3] *MSMU's Mount Wellness Needs Assessment, 2016-2017*

Assistance Program (SNAP). SNAP provides financial support for families or individuals who are food insecure — who lack the means to access enough affordable, nutritious food like fruits, vegetables, lean meats and high-fiber offerings.

CalFresh approved Ruiz for a $192 monthly food stipend.

"There's no shame in asking for help in reaching your goals," she says. "This is just another resource to help me be healthier and to succeed in college."

Food insecurity

Ruiz's story is not unique. The L.A. County Department of Public Health reports that 12.3 percent of U.S. households are food insecure and unable to afford or access nutritious food. The percentages are even higher on most college campuses. As a growing number of lower- and moderate-income students access college, national and statewide surveys have found that anywhere from 36 to 42 percent of students may be experiencing food insecurity.

Students at the Mount are no exception. In 2016-2017, the University conducted an anonymous wellness needs assessment to help provide direction for its Mount Wellness movement. One of the most eye-opening discoveries: Thirty percent of responding students reported experiencing food insecurity on a monthly basis.

The finding gave the University's nascent wellness movement a new imperative: to ensure that students have access to the nutrition they need to thrive. Over the past two years, Mount Saint Mary's Eat Green initiative has attacked the issue of food insecurity head-on, cultivating partnerships with experts in the field, bringing new resources to campus and training student leaders to assist their peers.

Alison Halpern, the Mount's wellness manager, is a registered dietitian and certified health education specialist. She notes that the true percentage of food insecure students on campus might be even higher. Too often, students won't admit when they're hungry, out of pride or for fear of being stigmatized.

Indeed, food insecurity can undercut students' emotional and psychological wellbeing as much as their physical wellness. It can also derail students' educational aspirations. A report examining food insecurity on college campuses, published by Bon Appétit — MSMU's food services vendor, which operates more than 1,000 cafés nationwide — confirms that food insecurity has direct ties to poor student outcomes, including "being distracted in class, poor mental health, lower grades, dropping a class or discontinuing one's education entirely."

"It's on us to reach out and help our students meet their basic needs," Halpern says.

Connecting students to fresh food

That's why, starting in the fall of 2017, the University began partnering with Westside Food Bank to bring in healthy, free food that could help supplement students' diets.

"It was pretty clear to me that Mount Saint Mary's was really ahead of the curve compared to a lot of other colleges out there," says Bruce Rankin, executive director of Westside Food Bank. "For starters, they were really listening to their students. The Mount had already done the best needs survey I've seen, so we could see right away that the need was there. And they were being really thoughtful about connecting all these different health needs — food, sleep, exercise. It was really impressive."

The University also has a unique distribution plan for the donated produce. Sports & Wellness staff and peer wellness advocates — student ambassadors of the wellness movement who are dedicated to improving the health and wellbeing of their peers — set up the food at monthly farmers markets on each campus, showcasing fresh, seasonal fruit and veggies in wooden crates and baskets on checker-cloth tables. Students also get recipes and tips on how to make easy meals and snacks using the

"Worrying about food is one of the most stressful things for a college student."

Liliana Ruiz '20, peer wellness advocate

PHOTO BY KIM FOX

produce. The farmers markets are complemented with healthy food tastings, demonstrations and cooking classes throughout each month.

All told, since the partnership began Westside Food Bank has distributed more than 17,000 pounds of produce — much of it rescued from local restaurants before it goes to waste.

"The Mount was the first partner organization we've worked with to supply this farmers market setup," Rankin says. "Those markets are fun and they appeal to the students. To anyone, really. That was a smart idea that a lot of other colleges and organizations could follow."

Even better: Given that 95 percent of MSMU students receive some level of financial aid, and that 70 percent of MSMU students are eligible for federal Pell Grants, Westside Food Bank could donate enough food to the Mount to open the farmers markets to all students. This is especially important because making the farmers markets open to all ensures that food-insecure students won't be singled out — giving them more confidence to access healthy food at a fun, community event. Also, the Mount Wellness needs assessment revealed that less than 11 percent of all MSMU students ate at least four servings of fruits and vegetables each day.

THE SOLUTIONS

From October 2017 to February 2019, the **Westside Food Bank** has distributed about 17,000 pounds of produce for **free farmers markets** at both the Chalon and Doheny campuses.

In January 2019, the Mount became the first private university in California to officially **partner with the Center for Healthy Communities**' CalFresh outreach program.

A **meal voucher program** for commuter students provides emergency funds to be used at campus cafeterias.

Mount Saint Mary's intends to **help students apply for CalFresh** food assistance this year.

Connecting students to resources

To empower more students to access CalFresh funding, the Mount has launched a student-led CalFresh outreach program across both campuses. Thanks to a partnership with one of the leading experts in the field, the program is built for success.

The Center for Healthy Communities, based at California State University, Chico, is a statewide authority on nutrition education, food security, and programs and policies that address the needs of diverse populations. The Center receives federal and state support to promote CalFresh, and has partnerships with nearly 50 community colleges and public universities across the state.

In January, Mount Saint Mary's became the first private university in the state to partner with the Center.

PHOTO BY CARRIE ROSEMA

"The Mount is a pioneer," says Brandi Simonaro, a program manager with the Center. "These resources and support should be available on all campuses. There are students dealing with food insecurity everywhere. We were really excited that Mount Saint Mary's broke that barrier and showed up to the table. You're setting the bar for other private colleges and raising expectations for how all students should be treated. And you're establishing best practices for others to follow."

Back in January, Simonaro led a daylong training for staff and students, including the University's peer wellness advocates.

"I see a lot of people struggling with things that I used to struggle with," Liliana Ruiz says. "I want to help others follow that same journey of wellness that I'm on, whether that's helping another student apply for CalFresh or helping someone figure out healthy ways to manage stress."

Peer wellness advocates like Ruiz are now on hand at each month's farmers markets to talk with other students about CalFresh, and they're also available on a drop-in basis at Chalon's Wellness Office. Students and staff from MSMU's Student Programming and Commuter Services office will soon receive the training, too. The Mount's goal is for these trainers to help students submit applications for CalFresh assistance.

The effort will go a long way toward the University's overarching Mount Wellness goals because if students are eating well, they're also more likely to sleep well, exercise more and cope better with stress.

"Our students know that college is a privilege and an enormous opportunity," says Halpern, "and they go to great lengths to pursue their dreams. Too often, though, they put school before their basic needs, whether that's food, sleep or otherwise. It's our responsibility to show them it doesn't have to be that way. That's where our culture of wellness truly begins."

NEXT STEPS

This is just the beginning of Mount Saint Mary's efforts to address food insecurity head-on. Future plans include:

Town halls on both campuses that will further open up the conversation on CalFresh benefits and the CalFresh application process.

The creation of regularly stocked and easy-to-access **food pantries** on each campus, open 24 hours a day. These pantries will build on the idea of the Francis Tables started in 2013 by Campus Ministry — tables placed in each campus chapel where community members can share or take non-perishable food, as needed.

An even greater emphasis on **preventing food waste** in order to help feed those who are hungry beyond our campuses. MSMU and its food services vendor, Bon Appétit, already participate in Chefs to End Hunger. Any excess food from campus kitchens is distributed to local homeless shelters.

> "You're setting the bar for other private colleges and raising expectations for how all students should be treated."
>
> *Brandi Simonaro, Center for Healthy Communities*

Free nutrition counseling provided to students

A MAJOR GOAL OF THE EAT GREEN initiative of the Mount Wellness movement is to empower students to make informed choices when it comes to food. To help achieve this, the Mount offers free nutrition counseling to students through wellness manager Alison Halpern, a registered dietitian and certified health education specialist.

Alison Halpern

Halpern teaches the basics of nutrition so students can make health-conscious decisions when they buy groceries, order from restaurants or cook their own food. She helps students develop tools and strategies for healthy eating and encourages them to make positive changes and set realistic goals.

One benefit of nutrition counseling sessions is that participants learn to break free from dieting fads and avoid using the scale as motivation for weight loss. The skills they build will help them navigate challenges around food and body image.

SPIRIT OF THE FOUNDERS

House of refuge and strength

The childhood home of Mother St. John Fontbonne is now part of the Mount Saint Mary's family

AMONG THE LIST OF LEGENDARY RELIGIOUS WOMEN, Mother St. John Fontbonne of the Sisters of St. Joseph counts as one of its most admirable heroes. During the French Revolution's reign of terror, she refused to renounce her loyalty to the Catholic Church and was sentenced to death by guillotine, saved only by the fall of Robespierre the day before her execution.

During those dangerous years in France, her family home played an important role in keeping many religious men and women safe from persecution. Her family gave shelter to those who sought protection, including Fontbonne herself and her sister, Marie.

When Fontbonne was released from imprisonment, she and Marie returned to their home and lived there for many years caring for their aging parents.

After learning that the house was for sale during last summer's "Following in the Footsteps of our Founders" pilgrimage, President Ann McElaney-Johnson conferred with the Mount's board of trustees to make an offer on the house on behalf of the University. The board agreed.

Now, the Fontbonne family home in the small French town of Bas-en-Basset is part of Mount Saint Mary's University. It will become a welcoming space for pilgrims, a house of study for faculty and students, and a destination for members of the Mount community seeking a different kind of French experience.

"Mother St. John Fontbonne stands as a cornerstone of the foundation of our history. Knowing her, we understand better the lives and love of the sisters who have followed," says McElaney-Johnson.

Born Jeanne Fontbonne, Mother St. John was educated by the Sisters of St. Joseph in Bas-en-Basset and later in boarding school in nearby Le Puy. Very early on, Fontbonne was recognized for her leadership skills. The bishop of Le Puy, after meeting Fontbonne, told her family, "Form this little one well. She will be the glory of your congregation."

Fontbonne served her first community in Monistrol, France, in 1778 and was elected as superior six years later. When the Sisters of St. Joseph refused to sign the Oath of the Civil Constitution of the Clergy in 1790 — which required all religious people to swear an oath of allegiance to the state in an attempt to reorganize the Catholic Church in France — Fontbonne was forced to disperse the community. Several members of the congregation died for their faith, and several more, like Fontbonne, escaped execution only by Robespierre's downfall.

For Fontbonne, nothing was impossible. In 1807, she was asked to reestablish the congregation in Saint Etienne, marking a new beginning for the Sisters of St. Joseph. She was a visionary with a discernible forward momentum and in 1836 she sent six sisters to the United States, who established the first house of the Sisters of St. Joseph of Carondelet (CSJ) along the banks of the Mississippi.

"Throughout her leadership she was admired and loved for her optimism in the face of difficulty, her fearlessness in the face of violence and injustice, her intelligence and resolve in the face of challenge, her compassion in the face of pain, her honesty, sensitivity, kindness and her deep, abiding faith," says McElaney-Johnson.

The Fontbonne house will be open for the first time to the Mount community in June for the pilgrimage tour led by McElaney-Johnson and the Mount's CSJ Institute. Starting in the fall semester, faculty will be able to use the space for research. The University hopes to provide study-abroad opportunities for students to visit the home and immerse themselves in experiencing the spirit of our founders.

The CSJ Institute also plans to work with other pilgrimage groups from CSJ-sponsored institutions so our larger faith community can enter the home and reflect more deeply on Fontbonne's life, her legacy and her courage.

Clockwise, from top left: The street in the small town of Bas-en-Basset where the Fontbonne family once lived; the view as you enter Bas-en-Basset; the renovated Fontbonne home dining area; a detail of the family crest above the front door; the entrance to the family home.

An Unstoppable Campaign FOR MOUNT SAINT MARY'S UNIVERSITY

Our campaign continues to succeed due to the generosity of our alums and friends. We are proud to announce that we have raised 97 percent of our $100 million goal!

Funding Progress

as of February 2019

97%
to $100 million goal

$96,753,030
Raised to date

We have exceeded our goal of $30 million for our **Educational Excellence** funding priority, having raised $31.9 million to date! Our **Scholarships** fund is at $38 million and our **Wellness Pavilion** has now reached $30 million, both with goals of $35 million.

With two more years until the end of this comprehensive campaign, we still have more work to do. But with the help of our unstoppable community, we are confident that we will achieve our goal of raising $100 million for Mount Saint Mary's!

Top 25 Donors as of February 2019

The Ahmanson Foundation
Anonymous
Carrie Ann Skirlick Blackaller '65, '72 MS
Thomas J. Blumenthal
Estate of Jo Ann Schlick Bonot '84 MS
Dr. Mary C. Breden '73
Carrie Estelle Doheny Foundation
Bill Hannon Foundation
William H. Hannon Foundation
The Fletcher Jones Foundation
Sharon M. Leahy '60
Thomas & Dorothy Leavey Foundation
Estate of Stella Le Pez
Estate of Karl H. Loring
Jane Harris Nadeau '98
Mickey Leahy '64 and Sheldon F. Payne
Michele M. Rhilinger '75
The Riordan Foundation
Dolores L. Schiffert '60
The Seaver Institute
Charlene Anne Setlow
Sisters of St. Joseph of Carondelet, Los Angeles Province
Peggy Leahy Starr '64
Estate of Robert Tyo
Jeffrey and Katherine Schreuder Whitman

Gala to benefit Center for Global Initiatives

On Nov. 2, Mount Saint Mary's will host "Around the World in 80 Days," a fundraising gala to benefit the University's Center for Global Initiatives, at the Taglyan Complex in Los Angeles.

The Center for Global Initiatives provides opportunities and scholarships for students to broaden their perspectives through domestic and international study away opportunities in order to become culturally fluent, learn the value of cultural diversity and bring a global perspective to their role in today's world through the visiting scholars program, international internships, and worldwide service learning.

MATCHING CHALLENGE

All proceeds from the gala will be matched dollar-for-dollar up to $250,000 through Nov. 30 by the Judy Kelly Page Global Fund, generously established by Mount Trustee Stephen Page to support semester abroad opportunities. Meeting the goal of $500,000 will create an endowment that can support our students in perpetuity.

For more information about the event, tickets and sponsorship, contact Heather Schraeder, director of special events and public programs, at hschraeder@msmu.edu.

To learn more, go to

msmu.edu/campaign

A partnership built on philanthropy

By Joanna Banks

WHEN A MOUNT SAINT MARY'S ALUM TEAMS UP with her corporation to give back, the community thrives through a partnership built on helping others. Suzanne Weber Hoffman '84 did just this with the Employees Community Fund of Boeing, a community engagement program run by the aerospace company where she works as senior director of supply chain.

"We are very big on giving," Hoffman says. "It's a priority for Boeing to give back to the community in the areas that will have the most impact: things that have to do with diversity and education and improving the lives of individuals who would not necessarily have that advantage is important to the company."

She championed an application in support of the Mount Saint Mary's Student Ambassador program, and secured a grant that will help pay stipends for students who visit middle and high schoolers around Los Angeles. Student Ambassadors promote college attendance to the thousands of disadvantaged young people — many of whom will become the first in their family to attend college — whom they engage through the program each year.

In her decades working at the aerospace giant, Hoffman has established a family scholarship fund and donated to other Mount initiatives, donations that Boeing has matched. Her family's legacy runs three generations deep: two aunts, her mother, her sisters, a niece, and one of her daughters all graduated from the University.

"We've always given to Mount Saint Mary's. The Boeing Company has played an important part in that," she says.

HOW YOU CAN MAKE A DIFFERENCE

The University's corporate partnerships program links corporate community initiatives like the one run by The Boeing Company to MSMU programs that benefit students.

If your employer has a corporate philanthropy or matching gift program, or other partnership opportunity, please contact our corporate partnerships office at 213.477.2532.

VOLUNTEER: Alums participate in the annual President's Invitation to Serve.

WELLNESS MOVEMENT: The Wellness Pavilion at Chalon will house new health, fitness and sports programs.

GET INVOLVED AT THE MOUNT

MANY HANDS MAKE LIGHT WORK. We invite you to join us. Mount supporters are able to make a difference in the lives of current students. How? Let us count the ways…

VOLUNTEER

MSMU alums

Do you have a little extra time and a lot of affection for Mount Saint Mary's? Become a volunteer — we can always use an extra hand!

- Tutor current students in writing or math;
- Become a Mount Alums social media ambassador;
- Volunteer at the annual President's Invitation to Serve;
- Review resumes and do mock interviews for Career Services;
- Interview prospective students for Admissions;
- Serve as a reunion class ambassador;
- And more!

Please contact Kate Fergusson, director of alumnae relations and volunteer engagement, at kfergusson@msmu.edu or 213.477.2512. Or visit alums.msmu.edu/volunteer to learn more.

Doheny Mansion docent

Docents plan, lead and assist in public and private tours of the Mansion. This opportunity is open to alums, students and friends of the University. We provide training to help docents build the knowledge, skills and confidence needed to be successful! Contact Mary Sloper at 310.373.2874 or msloper@msmu.edu to learn more.

SUPPORT

The wellness movement

Mount Saint Mary's University has created a comprehensive wellness initiative centered on the principles of inclusion, empowerment and personal wellbeing. The new Wellness Pavilion will house special programs for healthy nutrition, physical activity, sleep health and stress reduction — everything our students need to master the art of living well. Visit msmu.edu/wellness to learn more.

Mount Fund & Mount Associates

Contributions to the Mount Fund, the annual fund at Mount Saint Mary's, provide direct support for our students and faculty. Your support makes a difference and every gift counts!

Contributors of $1,000 or greater annually are recognized as Mount Associate members and receive invitations to an annual luncheon hosted by the president. Visit msmu.edu/support to learn more.

Regents Council

Members of the Regents Council volunteer to serve as ambassadors in the community. Council members pledge $2,500 or greater and attend meetings twice annually to meet key faculty and staff, and learn about University initiatives and activities.

The Heritage Society and planned giving

The Heritage Society, established in 1992, is comprised of alums, friends, faculty and staff who have made plans to provide future support for the University. Notify us now of a planned gift and enjoy the benefits of joining the Heritage Society! Visit msmu.edu/plannedgiving to learn more.

JOIN US!

Those who support the Mount are recognized in the annual President's Report & Honor Roll of Donors, receive the Mount Magazine, and are invited to attend special activities and events throughout the year. Please contact Megan Shockro, senior director of development, at 213.477.2875 or mshockro@msmu.edu to learn more.

alum community

1

2

3

4

5

GATHERINGS

(1) **Homecoming 2018, Oct. 13:** A day full of laughter, shared memories and connections. *(2 and 3)* **Invitation to Serve, Nov. 3**: In addition to volunteering at Los Angeles-based community nonprofits for the Mount's annual Invitation to Serve, alums this year hosted service groups at satellite sites in neighboring Orange County; San Jose, California; and Phoenix, Arizona. *(4)* **Washington D.C. Alum Gathering, Feb. 3**: Alums in the Washington, D.C. area enjoyed a French-inspired brunch with President Ann McElaney-Johnson and learned what's new at the Mount! *(5)* **Jumpstart Your Wellness, Jan. 19**: Emily Gonzales '82, a Chopra Center certified instructor, taught techniques for quieting the mind at the Jumpstart Your Wellness event hosted by the Alumnae Association. Attendees also learned mindful eating habits from the Mount's wellness manager, Alison Halpern, a registered dietitian.

SAVE THE DATE

Discover Your Strengths, Unlock Your Potential!
April 11
WeWork, Downtown Los Angeles
Susette Aguiar-Possnack '99, a certified Strengthscope analyst and trainer, will help you identify your unique strengths and help you unleash them to better your career and your life. Co-sponsored by the MBA Association of Professsionals.

Portland Alumnae Gathering
April 27
Portland, Oregon
Do you live in the Portland area? Bill and Tina Von Der Ahe Brown '66 will host a Portland alumnae gathering in their home. We'd love to see you there!

Greece: Athens & Poros!
Oct. 3-11
Enjoy the beauty of Greece firsthand over two nights in vibrant Athens and five nights on the delightful island of Poros.

Homecoming
Oct. 19
Chalon Campus
Rediscover what the Mount means to you! All alums are welcome, with special celebrations for reunion classes 1959, 1964, 1969, 1974, 1979, 1984, 1989, 1994, 1999, 2004, 2009, 2014 and 2019. Are you celebrating your reunion in 2019? Alumnae Relations is seeking volunteers to serve as class ambassadors! Contact alums@msmu.edu to learn more.

alums.msmu.edu

For more information on any of these events, visit alums.msmu.edu/events or email alums@msmu.edu.

1943

"Well, I'm 95 years old. I spent many years in education – in fact, until I was 80 years old. I have three children, seven grandchildren and seven great-grandchildren. Latest interest is coaxing aged flowers back to life and growing orchids. I have accomplished great things but, generally, life itself is great."

Mary (Sibilio) Frary

1958 **Josephine (Bondan) Roche** went on a "bucket list" trip to Versailles and a river cruise on the Seine River with her husband. It was a great experience that she highly recommends!

1961 ▲Several members of the "generation of roses and champagne and orchids on our wrists" met in Manhattan Beach last summer: **Kathy (Covelli) Gray**, **Kathy (Schott) Lewicki**, **Nancy (Bergin) Rodenhurst**, **Diane (Haggerty) Souve**, **Joy (Shallenberg) Curry**, **Linda (Cox) Stellern**, **Donna (Frauenheim) O'Rourke**, **Palma (Ciarocchi) Freestone** and **Ann Sullivan Spadone-Jacobson**.

1968 **Sheila Dale** professes her love for the Mount and Sr. Maura Jean, who meant everything to her.

2013 • 2015

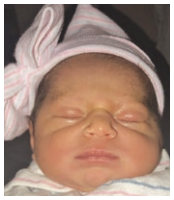
Nursing alums **Jocely Roque '13** and **Kevin Namuag** '15 returned to their alma mater recently to have their engagement photos taken on the campus that means so much to them. "We have always been so proud of how beautiful the Chalon Campus is," the couple said. "We knew it would not only be the perfect setting for our engagement photos but also a way to show our family and friends how blessed we were to be students at such a stunning campus."

1964 **Michelle (Pierrong) Klepper** is presently in a caregiving chapter with her 90-year-old wonderful husband of 36 years. They have had a beautiful life of world travel, family milestones and making forever memories. She sends lots of warmest wishes to all her classmates.

1973 **Joan (Tyhurst) Gumaer** recently traveled with her son Nicolas, daughter-in-law Bella and grandson Seamus. They spent two weeks in Osaka and Kyoto, Japan, and their timing was perfect as it was cherry blossom season. France was their summer destination and the highlight of their adventure was canoeing for four miles on the Dordogne River on her birthday. • **Diane (Rowland) Hays** recently retired. She worked as a chairside dental assistant, then front office to dental insurance coordinators in various offices in Southern California since 1974. She is now looking forward to enjoying her own time.

1994 **Gema Medina-Ramirez** received a master of science in vocational rehabilitation counseling from San Diego State University.

1999 ▸ **Olga Hernandez-Perez** announces the birth of her daughter, Sidney Natalia Perez on Aug. 17.



2004 ▸ **Cynthia Oliveros-Chavez** and her husband Pablo welcomed their first child, Luca Emiliano Oliveros, into the world on Oct. 29.

2008 Three members of this class gave birth this year! ▸**Danielle Rose (Batol) Steele** welcomed her daughter, Emilia Rosyth Batol Steele. ▸**Taline Hanna Koulloukian** welcomed a son, Leonardo Levon Koulloukian. ▸**Tricia Weber Ortega** welcomed Cruz Marco Ortega to the world!

2011 ▲**Sarah (Tuttle) Nichols** got married on Jan. 6, 2018, to Gannon Nichols. They travelled to Rome and had their marriage personally blessed by Pope Francis!

2015 ▶**Alanna Madrid** gave birth to Adora Erinn Ibañez on Oct. 22.

2016 **Joelle Balthazar** graduated in May 2018 with a master's degree in higher education from Harvard University. • ▼**Alison Garcia** married her husband, Rafael Guerrero, on Oct. 21, 2018, at the beautiful Atlantis Resort in the Bahamas.

2017 **Danielle Handcox-Kay** works as a children's social worker trainee and is furthering her education at the Mount by working towards a graduate degree in marriage and family therapy. • ◀**Nancy Machado** is now the president of the Mount's MBA Alumni Professionals (MAPS).

IN MEMORIAM

'38 Annette (Schurich) Doyle
'46 Kathleen (O'Hanlon) Truxaw
'48 Yvonne (Portmann) Rousculp
'50 Natalie (Gallagher) Pope
'51 Mary Lou (Jandro) Kimmel
'54 Gloria (Francis) Bowen
'54 Suzanne Steffen
'55 Joan (Mergens) Pickard
'56 Barbara (Book) Baxter
'56 Danuta (Krotoska) Shaw
'58 Marilyn Walters
'59 Donna (Welk) Mack
'60 Patricia (Crawford) Kircher
'62 Margaret (Cleary) Busher
'62 Helen Kirk
'63 Lu Anne Vonder Kuhlen
'63 Rose Leonard Stevling
'64 Ellen (Kotrba) Cline
'67 Husband of Elaine Ziegler Hagedorn
'67 Rosemary Reilly
'68 Husband of Barbara Mosellie Shaia
'69 Husband of Mary Ann Kenney Gould
'69 Beverly (Opsitnick) Yocum
'75 Dorothy (Renzi) Vessa
'75 Husband of Patricia Pitts
'75 Dorothy (Renzi) Vessa
'76 Una Feeney
'82 Bonnie Landry
'92 Ann Doran
'08 Carmen Fernandez

Remembrances

Sr. Marilyn Binder, CSJ '65
Former trustee
1942-2019

Sr. Marilyn Binder served Mount Saint Mary's as a trustee for many years. She earned her bachelor's and master's degrees in education from the Mount and had years of experience as an educator, both as a teacher and principal. She served as a regional superior for the CSJs, as well as assistant provincial superior, provincial councilor and vocation director. At the Mount, she was a campus minister and director of residence.

Sr. Edward Mary Zerwekh, CSJ
Former director of operations
1922-2019

Sister Edward Mary Zerwekh, CSJ, became a Sister of St. Joseph in 1943 and was an educator for more than 70 years. She taught a combination of math, Latin, history and science and she ministered in six dioceses. At the Mount, she served in administrative roles including business manager, director of operations and director of administrative services.

IN MEMORIAM

Remembering Father George, beloved professor

1931-2019

The Mount community honored Father George O'Brien, beloved professor and University chaplain, at a special memorial service on March 27 in the Chalon Campus' Mary Chapel.

O'Brien was a member of the Mount community for 40 years. He served as the University chaplain and was a professor of English whose areas of expertise included the role of mythology in society, literature and religion. Students named him Faculty of the Year multiple times over the years and at Commencement 2018 he was awarded the Carondelet Medal, the greatest honor extended by the University.

He was born in Long Beach, California, and grew up in the Great Depression. His mother played violin in the Long Beach Symphony orchestra and taught music at home. His father was a marine engineer, who later became a salesman of paint and glass. He attended St. Anthony's parish in Long Beach, and was ordained a diocesan priest in 1957 at St. Vibiana's Cathedral in downtown Los Angeles. Most recently, he was the priest in residence at Church of the Good Shepherd in Beverly Hills.

Before working at the Mount, he served as a principal of high schools in Los Angeles and Torrance. He held a doctorate in education from UCLA, and over the years took educational sabbaticals studying writing, cognitive psychology, political communication and journalistic ethics at UCLA, and researched news media at several news agencies.

— *Nancy L. Steinmann contributed to this article.*

READ MORE: A eulogy given by President Emerita Jacqueline Powers Doud is available online at **msmu.edu/newsroom.**

Top: Father George O'Brien waiting for the procession to start during the 2017 Graduation Mass. He had been the University chaplain since 1986. Above, from left: Photos from the early 1980s show him working at his desk, holding a seminar on the patio of Brady Hall, and talking to a student.

The first graduating class of Mount St. Mary's College lines up for a group portrait at St. Mary's Academy at Slauson Ave. and Crenshaw Blvd. in Los Angeles, where the college met until the Chalon Campus could be occupied.

The first alumnae

TEN YOUNG WOMEN RECEIVED A DIPLOMA THAT DAY. After four years at the tiny new school, they braved the steep hike on a muddy fire road to be honored at the Mount's first commencement exercises. On Sunday, June 16, 1929, the Mount had alumnae for the first time.

They were, *above, from left*, Mary O'Connor, Virginia Thompson, Catherine Coen, Dorothy Lieb, Olivia Zink, Davida Keppler, Inez Feeney, Mary Agnes Scannell, Eugenia Zink and Lilian May.

They had shared everything that goes into starting a new school: drawing up the charter for student government, fundraising (drama programs and musicals, choral concerts and candy sales). There was a new campus newsletter (Inter-Nos), clubs (Kappa Delta Chi sorority and Sodality of Mary) and community engagement (the St. Joseph Guild).

Now, with diplomas in hand, the new alums moved on to their next charge: organizing.

READ MORE **msmu.edu/magazine**

Shortly after commencement the Mount faculty honored them with a dinner, and following dessert came the inaugural meeting of the new Alumnae Association of Mount St. Mary's College. The new alumnae didn't waste time. By December 1929, they had a constitution, regular meetings at each other's homes or at the Mount, and dues of a dollar per year. By June they had an initiation ceremony prepared for the seven graduates of Class of 1930.

No history of the first alumnae is complete without mentioning seven more women who earned bachelor's degrees that June day — nuns who graduated privately, out of the public eye. No pictures exist, no commencement programs. Five were CSJs: Sisters Mary Killian Corbett, Anna Mary Dynn, Mary Mercedes Dwyer, Helen Bertille Ellard and Mary Timothy Spellacy. Sisters Helen Bertille and Timothy went on to become professors at the Mount. Sister Killian was later Reverend Mother Killian, superior general of all the Carondelet sisters.

— *Victoria McCargar, University archivist*

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APRIL 17, 2019

A day of giving, just for the Mount

On April 17, join Mount Saint Mary's University for our first Mount Day of Giving! We invite alums, parents, students and friends to join together and give in support of today's students and tomorrow's leaders.

Mark your calendar and spread the word!

You can make a difference across our campuses and light the way for the next generation of unstoppable leaders.

msmu.edu/dayofgiving

SAVE THE DATE

May 6: Commencement Los Angeles Convention Center • **June 7-8: Roy Adaptation Conference** Doheny Campus • **June 20-29: CSJ Heritage Pilgrimage** Le Puy, France • **Sept. 21: Women's Leadership Conference** Chalon Campus • **Oct. 2: DPT Graduation** Doheny Campus • **Oct. 19: Homecoming & Reunions** Chalon Campus • **Oct. 26-27: Writers Conference** Doheny Campus